

Name: Lois Crighton, School - Tesse Natatorium, Class - V - IX Age 10-14, Lesson P.T. No. 5. ^{4th}

Time Allotment	Type of Act.	Activity	Objectives	Method of Pres.	Desired Outcome
<u>Grade V</u>					
30					
5	Locomotive	March, run, skip, jump - reviews.	Muscle tone	Explanation	Develop endurance
5	Exercises	Arms bend U-S-T-O alternately, double, 1 arm trunk bend S-S-T-O. legs jumping high in front.	Quick response	Demonstration	Body co-ordination
10	Games	Run & Pass Relay Shuttle	Ability to catch & pass properly	Explanation	Sportsmanship.
10	Free Game	Dutch Couples Dribble - P. 95 (Review)	Rhythm, correct steps	Demonstration & Description	International feeling
<u>Grade IX</u>					
30					
5	Locomotive	Walk, Skip, Jump Arms B & Stick U-S-T-O.	Muscle tone	Explanation	Develop endurance
5	Exercises	Alt. A swing - at L's. L. swing S-S. with M. click.	Quick response & easy movement	"	Body co-ordination
10	Dance	Irish Lilt - D. L.S. P. 161 (Review)	Rhythm & learn steps properly	Demonstration	Individuality.
10	Games	Pass ball in circle & lay down & then " " " " (Review)	Avoid roughness & pass correctly.	Explanation	Team spirit.

Folk Dances.

The English Country Dance - Cecil F. Sharp.

Brighton Camp	—	11
Galopade	—	12
Nancy's Fancy	—	13
The Black Dog	—	14
Walking Peasants	—	15
Wuffy Wuffy	—	16

Folk Festivals - Mary Effie Ashenbaugh.

Old Dances for Boys & Girls -

<u>Austrian</u>	
Crab Dance	— 64
Foot Swinging Dance	— 66
New Bavarian	— 68
Seven Steps	— 70
Straw Cutter	— 72
Stupid One, winning Briskly	— 74

Bulgarian

Kunavski Hero	— 116
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Czech

A Czech Little Dance	— 28
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Corsican

Welcome of Spring	— 80
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Four Indian

Dance to the Great God	— 11
Eagle Dance	— 16
Dog Head Dance	— 19
Spunt Dance	— 23

II.

Latvian & Lithuanian

Flap - Dutch	— 48
Kendrickska	— 52
Kovalick Blacksmith Lithuanian	— 42
Metilysaya (Snow Storm) Lithuanian	— 46
Reznik (Butcher) Lithuanian	— 46

Swamp - water — 50
Thursavel (Rare) - Ukarnin — 54

Queen Olga School

Bean Selling - Eng. — 60
Big Rock (Not stick) - Russian Paper — 58
Chorod - Ukarnin — 61
Kopak - " — 71
Mechaniki (see below? sheet) - Ukarnin — 78
Katenna - Ukarnin — 77
Kolomyka - " — 81
Rocky Rd. & Dublin - Irish — 68

Dances of The People - Eng. Buchena

Grade 0

Am Little Girls (Sued.) — 46
Seven Rumps (Dan & Germ.) — 70
7 Little Girls (Sued.) — 43
Kustaf's Show — 48
Bleking —) — 44
Room Dance (Germ.) — 73
One, let us be joyful (Dan) — 71
Go from the (Germ.) — 70
Grandmother Dance (Swiss) — 77

Grade 1x

Net dragging ^(firm) — 58
Strip the Willow ^(Sed) — 1
The Circle ^{u.s.d.} — 2
Crested Hen ^(Dan) — 59
Pulmon Dance ^{Eng} — 22
407 T. Sololi (Sued.) — 39
7 Little Men — 50

Henderson (Dance) — 58
 Farm Hill (Dance) — 27
 3 New Polka Dances — 20
 Hornpipe Song — 19
 3 New Reel ^{for} — 64
 Holland's Quadrille ^{3rd} — 37
 4 Dance (Dance) — 61
 Lord .. (Song) — 9

Character Dances for School Programs - Velda C. Norman

Grade IX

Plenty — 17
 Kate & Duplicate — 21
 Quates Dold — 25
 Kazy Don — 29
 Dainty Emouettes — 34
 Russian 3 Dance — 42
 The Merry Elves — 48
 Maria Mari — 52
 Twenty 2 Dances — 102
 Sweet Peggy — 115

Creative Activities in P.E. - Olive K. Horrigan
All Grades

Physical Ed - Springfield Public Schools - 1927

Grade IX

1. Quadrille — 38
 2. Tanka — 39
 3. The Timpant — 42
 4. Spig-a-gig — 43
 5. Spanish Vally — 46
 6. Kikka — 49
 7. Taudwin — 51
 8. Hayfoot —
 9. The ones of Henny — 59
 10. Slovak — 61

Partie of Beauties -	63
Shipping Rope -	
Medley Clog -	67
The Tambourin -	71
Barlowa Gavotte -	73
Polish Mazurka -	73
Pierrot & Pierrette -	76
Krakowiak -	79
Rocky Dance -	80
If All The World Were Paper -	81
Wooden Shoes -	83
Russian Dance -	84
University Sign -	86
There Was An Old Man -	
School Day Antics -	
Tarentella -	89
Komarinskaia -	93
La Cachuca -	94
The Villagers -	95
Invitation Polka -	
The Pirates -	

Shade IX - "Popular Ballroom Dances" - Parson.

Conservative Fox Trot -	18
The Modern Waltz -	34
Peruvian Tango -	48
Manhattan Stomp -	64
Collegiate Shag -	74
Rumba -	80
Big Apple -	88

Games.

Graded Lessons in Fundamentals of P.E.

- Baker - Warwick - Christensen.

Grade V

~~Hot-top Relay~~ -

Animal Relay - 323

Archway - 323

Balance Touch - 323

Beat Ball - 324

Live Keep Away - 325

Cross Tag - 326

Form letters - 327.

For & Back Dodge Ball - 327.

Throw & Catch (Relay) - 341.

Games for the Playground - Home - School & Gym.

- Bancroft -

Grade V

Back Ball - 321

Three who - 18

Relay Relay - 399

Stealing sticks - 188

Bag Pile - 303

Corner Spring - 300

Backward Relay - 53

Catch the Cone - 42

Cross Cross - 301

Leaf by Leaf - 225

Tip, Tap, Toe - 237

Hopping to Jerusalem - 78

Scat - 234

Play Activities for Elementary Schools -
 Dorothy La Valle.

Grade V

Pitching Horse Shoes	-	86.
End Ball	-	88
Head	-	89
March on Ball	-	89
Trip	-	90
Club Snatch	-	91
Chinese Wall	-	92
Round Sheep Run	-	93
Tag of War	-	93
Catch Ball Tag of War	-	94
Human Burden	-	94

Physical Training for Elementary Schools -
 Clark.

Grade V

Test Man	-	240
Human End Ball	-	240
Round Ball Tag	-	241
Round Bag Pass	-	243
Beats the Bear	-	244
Schoolroom Catch Ball	-	245

Grade IX

Wind Race	-	388
End Ball	-	389
Every Man in His Own Den	-	390
March on the Rock	-	392
Basket Ball Distance Throw	-	393.
Mountain Ball	-	397.

Home - Lois Beighton, School - Jesse Ketchum, Class - 5, Age - 10, Lesson - P. Teaching - No. 9.

Time Allotment	Type of Activity	Activity
30 mins.	Locomotive	Running, Skipping, etc.
5 mins.	Exercise	Arm. 6d & stick u - s - 7 - 0 act. dt. in Cannon.
10 mins.		Kn. 6d & stick & toe ST.
15 mins.	Game	Rodge Ball - Nelson & Van Hagen
Grade IX		
30 mins	Exercise	Easy A. swing with fold & fold stick - 1 kn. 6d & stick.
5 mins.		1st. 6d & stick - 1 kn Stnd. St. 1. twist w A swing.
10 mins	Dance	L swing s - s - kn lift.
15 mins	Game	Irish Lilt - Finish. Quoit Relay.

Will you try to select some new
different activities for next time - must
or common ones

J. A. L.

Name - Lois Reighton, School - Jesse Hutchinson, Class - 5, Age - 10, Lesson - Practise Teaching, No. 8.

Time Allotment
30 mins.

Type of Activity.

Activity.

15 mins.

A. bend & stick, U-S-7-O. act. & db.

T. bend S-S-7-U.

Kn. bend & stick to toe 51.

Exercise.

15 mins.

Games.

Hodge Ball -
Neilson & Van Hagen
P. 147.

30 mins.

Grade 1K.

Exercises.

10 mins.

Easy & swing. with fold & fwd.
stick - Kn. bend & stick.

T. bend S-S-7-U.

L. swing S-S-W H. click, Kn. lift
in front.

10 mins

Dance

Irish Lilt - 5th step.

Dorothy La Salle - P. 161.

10 mins.

Games

Quoit Relay.

1. Don't apply without permission
2. Don't send money.
3. Get friends if refused - tell school.
4. rejoice about if got position.
5. If wire apply immediately if possible. Let School know.
6. Acknowledge all letters promptly.
7. Send back programs, etc.

Interview.

Personal appearance. Common sense of make-up.

Posture.

Attitude towards work. Interest & enthusiasm.

Answer and ask questions.

Knowledge of work.

Letters

Good appearance of letter.

Good plain paper. (Hand & Type)

"Yours Very Truly" - Yours Sincerely (if known)

Interesting. Coherent. Ed. Exp. Come right to the point in 1st paragraph. General info - home, church. End with references.

Sample Letter -